

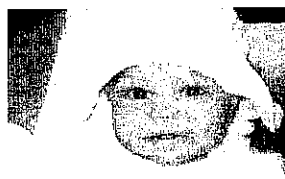


Newborn News

Welcome to U.S. Army Medical Care

Congratulations on your newest family member. We recommend that your baby visit your local U.S. Army Health Clinic 2-5 Days after discharge. There are a number of issues that you need to be aware of if your baby is born at a German facility. While the care in Germany is excellent there are a few items that are done differently than in the United States. You need to be aware of these differences so you can arrange

for the recommended tests and treatments in the first few days of life. These differences include: a Vitamin K injection, the Newborn Metabolic Screen, and the Newborn Hearing Test. Circumcisions are also available to infants under 30 days of life. After your baby's birth you have 60 days of automatic coverage in the TRI-CARE system. During this time, you need to enroll your child in the DEERS system and then in the TRI-



CARE insurance program of your choice. Please bring the baby's birth medical records (Kinder pass) to your first visit. You will also need to begin a medical record for your new family member so please stop by Medical Records and have a chart started.

Heidelberg Health Clinics

Buedingen	Friedberg
Butzbach	Hanau
Bobenheim	Mannheim
Coleman	Stuttgart
Darmstadt	

Special points of interest:

- ☉ Baby must be seen 2-5 days after discharge
- ☉ U.S. medical standards
- ☉ Why is my baby yellow?
- ☉ Vitamin K stops bleeding
- ☉ Metabolic Screening looks for rare disorders
- ☉ Can your baby hear?

Why is my baby yellow?

Some babies develop a yellow skin color (Jaundice) in the first few days of life. This is the result of increased bilirubin, a product of the normal breakdown of red blood cells. Normally bilirubin is excreted in our

stools. Because it takes a few days for babies to get a normal feeding and stooling pattern, bilirubin gets retained, causing the yellow skin color. This usually peaks at 3-4 days of life. Because very high levels of

bilirubin can be dangerous your doctor may check your baby's bilirubin level. If this number is too high, we will need to treat your baby (usually via light exposure).



Vitamin K helps stop bleeding

You must have Vitamin K to have normal blood clotting. Newborn babies may have low levels of Vitamin K and are at risk of having life-threatening bleeding (called Hemorrhagic Disease of the Newborn). To prevent this, all newborns are given Vitamin K. German physicians have elected to give the Vitamin K orally. In the US, the standard is to give a shot of vitamin K. There is data that shows that some infants who get the oral dose do not get enough Vitamin K and therefore

could have bleeding problems. We recommend your baby receive a Vitamin K injection at his first Health Clinic visit.



Circumcision

"Circumcision is a surgical procedure in which the skin covering the end of the penis is removed." This procedure is not essential to your child's health and is not usually available at your German Hospital. If you desire to have your baby circumcised, please call your local health clinic as soon as possible after the baby is born. Due to an increased risk of complications (bleeding, infection, pain, scarring, poor cosmetic outcome, edema), your physician needs to perform this procedure within the first 30 days of life.

Newborn Metabolic Screening (NBS)

Inborn Errors of Metabolism are rare conditions that can't be seen on a physical exam. They can have a profound effect on development and are treatable. After the first 48 hours of feeding, every baby gets a heel-stick blood draw

to look for these disorders. Since there is difficulty getting results back from some German hospitals and as they test for different disorders based on the German population, we need to perform a heel-stick blood draw to re-

peat this test.

All American babies must have these results printed in their medical records.

"The Newborn Screen identifies rare, but treatable metabolic disorders"

Hearing Screening now the Standard of Care

One out of every 1000 babies is born hearing impaired. Every baby born in an American Hospital has a hearing test (Otoacoustic Emissions Test) done before they are discharged. Using a tiny microphone, the instrument measures tiny

echoes the ear makes when it hears a sound. The procedure takes about 15 minutes and does not hurt. If this procedure was not accomplished in your German hospital, then your Military Health Clinic will conduct this test at your first visit.

